Bite plate

At first you may notice a "plastic taste" with your biteplate this will disappear in a day or two.

You may also experience some difficulty in speech, it will return to normal in two or three days.

Care for your Biteplate

- Wear your biteplate at all times, including sleep and eating, unless instructed otherwise.
- Brush your teeth and biteplate following each snack and meal.
- Be gentle when removing, wearing, or replacing your biteplate to avoid potential distortions.
- To give your biteplate a fresh taste, soak it regularly in denture cleanser (but don't' use these chemicals directly in your mouth).
- **Don't** boil your biteplate.
- **Don't** put the biteplate in the dishwasher.
- **Don't** leave the biteplate in the direct sunlight.
- **Don't** leave the biteplate where small children or pets can get to it.
- **Don't** wrap your biteplate in a napkin or tissue.
- **Don't** "wear ' your biteplate in your pocket

If your biteplate is lost or broken there will be an additional charge for each replacement.

Always bring your biteplate with you to your orthodontic appointments.